Introduction – Preliminary statements

- Children run less and slowlier than their parents.
- Today’s u6 will play 1st team in 2030. What about football by then?
- 40 to 60% drop out before the age of 12!
- 20% 4-14 year-old kids is overweight.
- Football is a late specialising sport: too specific too soon can alter development.
- Limited development of general physical abilities.
Flashback

- 70's : u12-13 (both years playing together)
- 1980 : u11-10 (11v11, smaller pitch, between penalty area's)
- 1998 : u9 (5v5, national playing 8v8, u10-11 playing 8v8)
- 2000 : u8 (5v5)
- 2005-2006 : u7 in Flanders (+ 5v5 matches and regular championship (friendly)
- 2009-2010 : u6 in Flanders (+ 5v5 matches)
- 2014-15 : no age limit to join in

URBSFA vision of football education

- Rethought in 2006, adapted in 2014, U6-U7 is the first of the 4 steps development of the education plan
1st step of development: U6 – U7 (2 v 2)

Football as a dribbling and shooting game

Different steps in development

Learning, is cumulative...

Learn to move
Learn to move with a ball
Learn to play with a ball
Get a ball in a goal with one’s feet
Play against other player(s)
Play with other player(s)

Takes a lot of time !!!!
Learn to move before you learn to play:
the more and the better you move, the better you play

Move
• **judo** (falling, strength, balance, body perception)
• **gymnastics** (balance, body perception)
• **athletics** (running, turning, jump, ...)
• **swimming** (rhythm, self-confidence, synchronisation, ...)

Move / play WITH a ball
• **basket**, handball (simplified forms)
• **badminton, tennis** (anticipation, time / space perception)

*Lead the ball with your FOOT towards a Goal*
• hockey (?) and ................FOOTBALL

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**Ideal coach ??**

with educational qualifications ? ? ....
Conclusion

It’s all about creating a specific ‘environment’

- Adapted to 5 year-old children
- Ban competition
- Recognisable as a football game (ball - goals – opponents - partner)
- Involve Parents (see level C of coaching course - festifoot)
- Flexible
- Thought out

Why we chose 2 v 2?

2 years ago:

[Images of children playing football]

After analysis ...

[Images of children playing football]

5 year-old kids are not ready to play 5v5 (far too complex)
9 months later Our baby was born .... But we still had to choose a name

NO COMPETITION
NO RULES
FUN , FUN, FUN
FAIR PLAY
FRIENDSHIP
CHALLENGES
Having a Good Time

Festifoot’s philosophy

• Festifoot is NOT a competition but an activity where « challenges » (playful) are proposed as a complementary activity next to « 2 v 2 » in an environment which is stimulating for an under 6 child

• « Challenges » are considered as recreational activities between « 2 v 2 » ‘matches’

• Festifoot is all about FUN Football, or having fun together

• Time of Festifoot : 1h15

• Gathers 2 to 8 regional clubs (no long journeys)

• Festifoot fits best to the general psychomotor development of the u6 child
Festifoot’s philosophy

- No Competition
- No Rules
- Fun, Fun, Fun
- Fair Play
- Challenges
- Having a Good Time
- More Effective Playing Time
- More Scoring Opportunities for Every Child
- Playground
- Friendship
- Challenges
- Having a Good Time
- More Effective Playing Time
- More Scoring Opportunities for Every Child
- Playground

But also:

- More Players Involved
- More Scoring Opportunities for Every Child
- Playground
- Less Pressure
- Social Contacts
- My Opponent is Not My Enemy

Thanks for your attention
Philippe Brutsaert